

TX
357
05

UC-NRLF



B 4 579 237

YD 24474



Utilization of Food

RECIPES

**PREPARED BY THE
HOME ECONOMICS DEPARTMENT
OHIO STATE UNIVERSITY**

**Issued by
AGRICULTURAL DIVISION
OHIO BRANCH
COUNCIL OF NATIONAL DEFENSE**

UTILIZATION OF FOOD

The insistent demand for providing the proper kind of food that the housekeeper faces daily is a problem of ever increasing difficulty as food prices soar. Because of high prices and food shortages, diets are more and more restricted and are likely to be cut down in food materials that have risen most in price, regardless of their food value or their necessity to the welfare of the individual. This condition makes it imperative that she study what the vital needs of the family are, together with the range of available food materials that will supply these needs.

She must be prepared to persuade her family to abandon many of their decided opinions and preferences regarding particular dishes, combinations and substitutions. Manifestly, in such a situation it becomes increasingly necessary that the housewife study how to utilize the food materials on the market in order that the family may not feel too severely the inevitable deprivations. For example, if meat is omitted from a meal a savory and palatable dish should be served in its place, which would, in most cases, not only be satisfying, but actually be appreciated because of the offered variety.

It must not be forgotten that the needs of the body include tissue-building foods, fuel foods and foods for regulating body processes. The food compounds as used by the body are called nutrients and are classified as proteins, fats, carbohydrates, water, mineral salts and vitamins. Food materials rarely contain one nutrient alone, but a combination of several, tho one may occur in larger proportion or a food may be valued largely because of one nutrient. A good example of this is found in beans, they are especially valued for protein tho they contain large amounts of starch.

Tissue-building foods include proteins, mineral salts and water. The ordinary sources of protein are meat, eggs, cheese, milk, cereals and legumes. Mineral salts occur most abundantly in milk, fruits, and green vegetables. Water is so freely used as a beverage that it is not necessary that it be considered in the selection of foods.

Fuel foods include proteins, fats and carbohydrates. These furnish the energy for body activity and for body warmth. The unit of measure for this energy is called a calorie, just as the measure of length is called a foot. The heat yield of a substance is measured in terms

of calories. For instance, an ounce of high grade anthracite coal will yield approximately 226 calories. An ounce of protein or of carbohydrate will yield approximately 116 calories, while an ounce of fat yields approximately 261 calories or two and one-fourth times as much as either protein or carbohydrate. These heat values hold true provided every particle is burned, but just as coal is not always reduced to ashes in the engine, so food may not be entirely utilized. The fuel value of any given food material, then, depends on the proteins, fats and carbohydrates that it contains, which are digested. In most tables giving food composition, the fuel value or number of calories which a pound of the food material will yield is also stated. This is a sort of index to its food value, tho estimates of body needs cannot be based on this alone, since certain food materials high in calorific value, such as lard or sugar for example, may yield no tissue-building or regulatory nutrients. However, foods high in carbohydrates and fat furnish the great bulk of energy for our activities, and must be included in liberal amounts in the diet.

The best known forms of carbohydrate are starches and sugars. The framework of plants is made up of woody fiber, or cellulose, which belongs to the carbohydrate group, but this substance cannot be digested to any appreciable extent by human beings. It is nevertheless of value in the diet, because it gives bulk to the food and stimulates the movements of the intestines. Such foods as vegetables, fruits, entire wheat flour and cornmeal contain large amounts of cellulose. It must be remembered, however, that when cellulose is included as part of the carbohydrate, it does not represent real nutritive value, since no appreciable quantity is digested and absorbed.

Fat is secured from either animal or vegetable sources. Salad oils and nut butter furnish fat for the vegetarian, while in ordinary diets the bulk of the fat is furnished by butter or meat, both from animal sources. Weight for weight, fat yields over twice as much heat as either protein or carbohydrate, and is spoken of as a concentrated food. Fats are far more costly fuel foods than carbohydrates. To a certain extent carbohydrate may replace fat and vice versa. Both may be used as fuel and if more is supplied than is needed for immediate use, both will normally be stored as body fat. For example, it is well known that in fattening cattle, stockmen make use of grains which contain large amounts of starch. In the same way, if larger amounts of starchy or sweet foods are eaten than are needed for fuel, the reserve will be stored as fat. Therefore, the person who is dieting to reduce flesh should avoid starchy and sweet foods as well as those high in fat. Fat, as such, is distasteful to many chil-

dren, making it necessary sometimes to disguise the fat with other foods in order to include a sufficient amount.

The regulatory functions of water, mineral salts and vitamins make their inclusion in the diet in sufficient quantity imperative.

The term mineral salt does not mean merely ordinary table salt, but many other substances such as lime, phosphorus and iron salts. Table salt is frequently used in too large quantities, unnecessarily taxing the excretory organs to get rid of it. Ordinary dietaries are often found to be lacking in mineral salts. The bad results of this lack are seen more easily in children than in adults. Such disorders as infantile scurvy, and rickets are corrected by feeding the proper amount and kinds of food materials, and, if the diet is properly selected, need never occur. This is why mothers are told by physicians to feed fruit juices to small infants, especially if they are being artificially fed. If sufficient lime salts are not given growing children, the bone development suffers, and for this reason liberal supplies of milk are advised. All diets should include a liberal supply of iron-rich foods, such as fresh fruits and vegetables. If meat and eggs, which are high in iron, are not eaten, special care must be taken to supply the necessary iron from other foods. The best sources of mineral salts are fresh fruits, vegetables, milk, eggs and cereal grains from which the outside coats have not been removed.

The group of food constituents known as vitamins occur in very minute quantities, but they are essential to growth and complete nutrition. It has been found in experimenting with animals that diets otherwise sufficient will fail to maintain life and promote growth unless vitamins are included. Lack of these in the diets result in certain nutritional diseases such as scurvy, rickets and probably pellagra.

The food materials relatively rich in vitamins are egg yolk, raw milk, fresh meats, fresh vegetables and fruits, and unbolted cereals.

It is known that certain foods yield acids in digestion and this acidity must be corrected by the use of a sufficient amount of those foods which yield alkaline salts or bases. The natural reaction of the blood is alkaline and, in order to maintain its alkalinity, these salts must be furnished in abundance in the food. It is necessary that foods yielding acid in digestion be balanced by foods yielding alkaline salts. In a restricted diet there is some danger that this important fact in the selection of food may be overlooked. It must be borne in mind that acid-producing foods are not distinguished by sour tastes, since all fruits including lemons, are base producers. In general, meats, eggs and cereals are acid producers, and fruits, vegetables and milk are base producers.

MEASUREMENTS

All measurements are level. To measure a level teaspoon, fill the spoon rounding full and level it off with the edge of a knife. To measure $\frac{1}{2}$ teaspoon, cut 1 teaspoon in two lengthwise; to measure $\frac{1}{4}$ teaspoon, cut $\frac{1}{2}$ teaspoon in two crosswise. Flour is sifted once before measuring. The following measures are only approximate:

- 3 teaspoons = 1 tablespoon.
- 16 tablespoons = 1 cup (dry material).
- 12 tablespoons = 1 cup (liquid).
- 1 cup = $\frac{1}{2}$ pint.
- 16 ounces = 1 pound.
- 2 cups butter = 1 pound.
- 2 cups sugar = 1 pound.
- 2 cups chopped meat = 1 pound.
- 4 cups white flour = 1 pound.
- 2 tablespoons butter = 1 ounce.
- 2 tablespoons sugar = 1 ounce.
- 4 tablespoons flour = 1 ounce.

ABBREVIATIONS

T. — tablespoon	qt. — quart
t. — teaspoon	gal. — gallon
c. — cup	oz. — ounce
pt. — pint	lb. — pound

RECIPES

MILK

SWEET MILK

Skim milk may be used in all these dishes.

Milk soups or cream soups are prepared by adding to thin white sauce an equal amount of vegetable pulp.

Cereals cooked with milk have a somewhat different flavor and a higher nutritive value than if cooked in water. Part water is used for the first ten minutes of boiling and milk is added as needed during the remainder of the cooking.

Potato Chowder. —

6 medium sized potatoes, cut in small cubes.	1 T. fat 1 pt. milk
¼ lb. salt pork, diced	1 pt. water
1 T. onion, chopped	1 t. salt
	1 T. flour

Cook the pork and onions together until a delicate brown. Add this mixture and the water to the potatoes. Cook until potatoes are tender but not mashed. Make a white sauce of the fat, flour and milk and add it to the potatoes. Serve hot.

Corn Chowder. — Add 1 can or 1 pint of fresh corn to potato chowder in which the amount of potato is reduced.

Fish Chowder. — See "Fish."

Chocolate. —

4 c. milk	1 T. cornstarch
4 T. sugar	2 c. water (boiling)
¼ t. salt	1 t. vanilla
2 sq. or 4 T. chocolate (unsweetened)	

Scald the milk in a kettle with an asbestos mat under it and over a slow fire. In another kettle, cut the chocolate up with a paring knife; measure sugar, cornstarch and salt in this kettle; mix, and, stirring constantly, gradually add boiling water. Place kettle on stove and boil 5 or 6 minutes, continuing to stir. Stir into scalded milk. Add vanilla and beat with Dover egg-beater to prevent scum forming. The cornstarch may be omitted.

Milk Toast. — To heated milk add butter, salt and pepper. Pour over dry toast. If desired, it may be served as cream toast by pouring thin white sauce (2 T. fat and $\frac{1}{2}$ T. flour to 1 c. milk) over the toast.

SOUR MILK

Sour milk may be used as the liquid in the making of batters, griddle cakes, muffins, cakes, etc. The proportion of soda to each cup of sour milk should not exceed $\frac{1}{2}$ teaspoon.

Clabber. — Freshly soured milk may be eaten as custard, served with or without sugar. It may be beaten vigorously and served as a beverage in the place of buttermilk.

Sour Milk Whey. — Whey may be used for the liquid in bread making, or in batters, in custards and as the basis of a gelatin foundation for a vegetable salad.

Cottage Cheese. — Heat sour milk gradually over a slow fire until the curd and whey begin to separate. Strain thru a cheese-cloth. Season the curd with salt, pepper and perhaps cream or butter.

Cottage Cheese Salad. — The cheese may be combined with chopped nuts, olives, pickle, pimento or celery and shaped into balls and served on lettuce with a bit of salad dressing. This makes good sandwich filling.

WHITE SAUCE

Method of Making. —

1 c. milk	2 T. flour
2 T. fat	Salt and pepper

Melt fat in pan, add flour and mix thoroly. Remove pan from fire and gradually add the milk, stirring constantly to avoid formation of lumps. After these are thoroly mixed, return pan to fire and boil the sauce thoroly. Add salt and pepper.

Kind of White Sauce	Ingredients			Uses
	Milk	Flour	Fat	
No. 1. Thin	1 c.	$\frac{1}{2}$ T.	$\frac{1}{2}$ T.	Soups, etc.
No. 2. Thin	1 c.	1 T.	1 T.	Cream toast and some vegetables.
No. 3. Medium	1 c.	2 T.	2 T.	Most vegetables.
No. 4. Thick	1 c.	3 T.	3 T.	Croquettes, creamed oysters, and meat.

The character and uses of white sauce may be varied by the kind of liquid that may be substituted for the milk. For example, in white sauce No. 2, fruit juice may be used instead of milk and the sauce served with desserts. In all of them the water in which vegetables or meat have been cooked may be substituted for the milk and the sauce used for most purposes.

Tomato sauce is made by using tomato juice instead of milk.

Cheese sauce is made by adding to each cup of white sauce, made with milk, about four tablespoons of cheese, grated or chopped fine.

By varying the thickening agent, the sauce may be varied, as in brown sauce. If cornstarch is used instead of flour, use two-thirds as much.

Brown sauce is made by allowing the melted fat to brown and the flour to brown in the fat. Or, the flour may first be browned by heating it in a dry pan, stirring constantly to prevent burning. Browned flour has not the same thickening power as white flour so that about twice as much is required.

Bread sauce is made by using dry bread crumbs instead of the flour. Use twice as much as the amount of flour required.

By varying the kind of fat, the flavor may be changed. For meats and vegetables, savory fats, bacon, ham and sausage fats may be used and the product is ordinary gravy. Rendered suet or pork fat may be used or the drippings from meat cooked in any way. Oleo or butter will give a flavor different from other fats.

BREAD CRUMBS

Bread crumbs, as mentioned in the following directions, means bread that has been dried in the oven, (but not browned) and put thru the food grinder or crushed with a rolling pin.

Stale bread crumbs are crumbs prepared from stale bread by grating the loaf or by rubbing one piece against another.

Buttered Crumbs. — Melt 1 tablespoon of fat in a pan. Add 4 or 5 tablespoons bread crumbs and mix thoroly.

VEGETABLES

Créamed Vegetables. — Add $\frac{1}{2}$ cup of white sauce to each cup of cooked vegetables.

Escalloped Vegetables. — Arrange the cooked vegetable in a baking dish in alternate layers with white sauce. Cover with buttered crumbs, if desired, and brown in the oven. Cheese, curry, hard cooked eggs, peppers, chopped meat and fish may be added if desired,

Vegetable Soup. — For cream soup add to each cup of thin white sauce an equal amount of vegetable pulp or chopped vegetables.

To make vegetable soup without milk, the water in which vegetables, rice, macaroni, hominy or meat is cooked is used as the basis. The vegetables may be cut in small cubes or may be forced thru a strainer and the pulp used.

Croquettes. — Leftover vegetables may be made into croquettes by combining with thick white sauce, mashed potato, cooked rice, macaroni, hominy, or cornmeal mush. They may be rolled in cornmeal, flour, or egg and crumbs, and then fried in deep fat.

Vegetable Salads. — Diced or shredded vegetables may be added to a sour gelatin mixture. They may be served with dressings of various sorts. They may be combined with hard cooked eggs, meat, nuts, or cottage cheese.

Carrots and Peas. — Cook 1 cup of diced carrots in boiling salted water. Add to carrots 1 cup of cooked peas. Prepare a sauce of 3 tablespoons of fat, 3 tablespoons of flour, 1 cup of meat stock and $\frac{1}{2}$ cup of milk; season with salt and pepper. Heat vegetables and sauce thoroly and serve.

Curried Vegetables. —

1 c. potato cubes	$\frac{1}{2}$ c. turnip cubes
1 c. carrot	$\frac{1}{2}$ c. canned peas

Cook potatoes, carrot and turnip until soft, add peas and serve with the following sauce:

Cook 2 tablespoons of fat with 2 slices of onion, remove onion, add 2 tablespoons of flour, $\frac{3}{4}$ teaspoon of salt, $\frac{1}{4}$ teaspoon of pepper, $\frac{1}{2}$ teaspoon of curry powder, $\frac{1}{8}$ teaspoon of celery salt, then add 1 cup of water or milk. Heat the vegetables in this sauce, sprinkle chopped parsley over it and serve.

Escalloped Cabbage. —

Cabbage	White sauce
	Buttered crumbs

Cook cabbage until tender in boiling salted water, changing water two or three times; do not overcook. Arrange in baking dish, alternate layers of cabbage and white sauce. Cover with buttered crumbs and brown in oven.

Escalloped Turnips. — Wash and pare turnips, cut in small cubes. Cook in boiling salted water. If turnips are old and strong, change water during cooking. Arrange in layers with cracker crumbs and

butter (as you would for escalloped oysters). Moisten thoroly with milk, cover with buttered crumbs and bake.

Tomato Soup. I. —

2 c. tomatoes	4 c. milk
2 t. sugar	$\frac{1}{4}$ t. (?) soda
1 t. salt	4 T. flour
2 slices onion	4 T. butter

Scald milk with onion, remove onion, make into white sauce with flour and butter. Heat tomatoes, add soda and rub thru a sieve. Stir tomato into milk, add seasonings and serve.

Tomato Soup. II. —

2 c. tomatoes	Bay leaf
2 t. sugar	$\frac{3}{4}$ c. stale bread crumbs
2 slices onion	4 c. milk
6 cloves	1 t. salt
Sprig parsley	$\frac{1}{8}$ t. pepper
$\frac{1}{4}$ t. soda	4 T. butter

Scald milk with bread crumbs, onion, parsley, cloves and bay leaf. Remove these seasonings and rub thru a sieve. Heat tomato, add soda and rub thru a sieve. To hot milk add tomatoes and the rest of the seasonings.

Tomato Soup. III. —

2 c. tomato juice	$\frac{1}{8}$ t. pepper
2 slices onion	1 t. salt
	Bay leaf

Mix ingredients together and heat. Strain and serve.

Parsnip Fritters. — Mash thoroly cooked parsnips, season with butter, salt and pepper; shape into small flat cakes; dip in flour or in egg and bread crumbs or in a plain batter and brown in hot fat.

Tomato Jelly Salad. —

1 can tomatoes	2 $\frac{1}{2}$ T. gelatin
1 t. salt	1 t. sugar

Stew and strain tomatoes, add salt and sugar. Soak gelatin in cold water and dissolve in hot tomato juice. Pour into molds and chill. Serve on lettuce and garnish with mayonnaise dressing.

Vegetable Salad. —

- | | |
|--------------------------------------|-------------------------------|
| 1 c. cold-cooked carrot cubes | 1 c. cold-cooked potato cubes |
| 1 c. cold-cooked peas | 1 c. cold-cooked string beans |
| 2 or 3 hard boiled eggs (if desired) | Parsley |

Combine ingredients and serve with French or mayonnaise dressing. Garnish with parsley or egg.

Cream Dressing. —

- | | |
|------------------------------|--------------------------|
| Yolks 3 eggs or 2 whole eggs | 1 T. sugar |
| 2 T. flour | 1 t. salt |
| 1 T. butter | $\frac{1}{2}$ c. vinegar |
| 1 t. mustard | Paprika |

Mix dry ingredients, then add vinegar and cook until very stiff. Place in double boiler and add eggs, as soon as they thicken, remove from heat. Add butter and cool. A glass can is the most suitable place for keeping this dressing, which will keep indefinitely. Dilute with whipped or plain cream, either sweet or sour, just before serving.

French Salad Dressing. —

- | | |
|-------------------------|-----------------------------|
| 3 T. oil | 1 T. vinegar or lemon juice |
| $\frac{1}{8}$ t. pepper | $\frac{1}{4}$ t. salt |

Mix salt and pepper with oil, add vinegar or lemon juice slowly and beat until well blended.

Mayonnaise Dressing. —

- | | |
|------------------------|---------------------------------------|
| Yolk 1 egg | 1 T. lemon juice |
| 1 T. vinegar | $\frac{3}{4}$ c. oil |
| $\frac{1}{2}$ t. sugar | $\frac{1}{2}$ t. salt |
| Few grains of paprika | $\frac{1}{2}$ t. mustard (if desired) |

Mix dry ingredients in a cup and add vinegar and lemon juice. Add this mixture to egg yolk, beat thoroly with Dover egg beater. Add oil by teaspoons, beating after each addition until about 6 teaspoons have been added. It may then be added more rapidly. If for any reason the mixture separates, add it slowly to another egg, just as the oil alone was used in starting the dressing. This dressing may be varied by the addition of chopped olives and pickles.

Greens. — The leaves of many plants may be used as greens,

cooking them in boiling salted water until tender, with or without bacon, a ham bone or fat salt pork. If the leaves have too strong a flavor, the water may be turned off after boiling for 5 or 10 minutes and fresh water added. The following plants may be used:

Cultivated

Spinach
Swiss chard
Beet tops
Turnip tops
Carrot tops
Radish tops
Horseradish
Rhubarb
Kale
Rape

Uncultivated

Dandelions
Mustard
Sour dock
Purslane
Pepper cress

Tomato Toast. —

1 qt. tomatoes
½ t. pepper

2 t. salt
2 T. butter

Force tomatoes thru strainer, add the salt, pepper, butter and cook for about 5 minutes. Place pieces of hot, buttered toast on a platter and pour the hot tomato over them. A poached egg may be put upon each piece of toast.

Green Tomatoes. — Green tomatoes may be canned or stewed like ripe tomatoes and used in similar ways. They may also be prepared by slicing, dipping in flour or meal and browning in hot fat.

Green Tomato Mince Meat. —

½ peck green tomatoes	1 c. vinegar
chopped	4 T. flour
½ peck sour apples, pared	1 c. suet chopped fine
and chopped	2 t. each of cinnamon, all-
3 lb. brown sugar	spice and cloves
2 lb. raisins	

As the juice collects from the chopped tomato, drain it off. Mix the flour with the sugar. Mix all ingredients and cook about ½ hour.

Swiss Chard. — The leaves of the chard are prepared as spinach or any kind of greens. The large white midrib may be boiled and used as celery or asparagus, stewed, creamed or as salad. It may be canned for winter use.

Creamed Radishes. — Pare and cook in boiling water until tender. Serve in white sauce.

Stuffed Potatoes. — Bake potatoes, cut a slice from top of each, or cut in two lengthwise, and remove potato from skin. To six medium sized potatoes add salt, pepper, 2 tablespoons butter and 3 tablespoons milk or cream. Beat until the potato is very light. Re-fill skins and brown in oven.

Mashed Potatoes. —

6 boiled potatoes	1 t. salt
Milk or cream	3 T. butter

Cook potatoes in their jackets, peel and mash, add butter and salt. Mix thoroly and add milk, beating vigorously. Pile lightly in a hot dish and serve.

Escalloped Potatoes. — Wash, pare very thin and cut into slices. Put a layer in a buttered baking dish, sprinkle with salt, pepper, and flour, and put over it small pieces of butter. Repeat these layers until dish is full. Cover with milk and bake until potatoes are soft.

Potato Puffs. —

2 c. mashed potatoes	2 eggs
3 T. cream or milk	1 T. butter
Salt and pepper as needed	

Heat potatoes in saucepan, add beaten yolks of eggs, cream and seasonings. Beat until well mixed and potatoes heated. Carefully add the beaten whites. Pile lightly in a greased baking dish. Bake in oven until browned.

Potato Croquettes. — To each cup of mashed potatoes add $\frac{1}{8}$ teaspoon celery seed, a few grains cayenne, a few drops of onion juice and 1 teaspoon finely chopped parsley. Mix ingredients thoroly. Shape into desired forms, roll in egg and crumbs. Fry in deep fat until brown. Meat may be enclosed in center of croquette. One-fourth cup of grated cheese may be added to each cup of potato.

Creamed Potatoes. — Dice cold boiled potatoes. Prepare a white sauce of the desired consistency, add salt and pepper. Turn the potatoes into this, and with as little stirring as possible heat potatoes thru.

Escalloped Potatoes. — Put alternate layers of sliced hard cooked eggs and cold boiled potatoes in a greased baking dish. Cover each layer with white sauce, put buttered crumbs on top and bake until browned.

Potatoes Au Gratin. — Put a layer of diced cold boiled potatoes in a baking dish. Sprinkle with grated cheese and diced pimentos. Cover with white sauce. Repeat until dish is full. Cover with buttered crumbs, if desired, and bake until well browned.

FRESH AND DRIED FRUITS

Dried Apple Cobbler. —

1½ c. dried apples	1 t. cinnamon or nutmeg
	½ c. sugar

Wash dried apples very carefully, soak 6 hours, or over night. Cook slowly in same water until tender. Add sugar and place in baking dish. Sprinkle more sugar and cinnamon or nutmeg over top. Cover with the crust made as directed below, and bake until brown in a moderate oven. Apricots, prunes or peaches may be substituted for apples.

Crust for Cobbler. —

1 c. flour	1½ T. fat
1/3 c. milk or water	½ t. salt
	2 t. baking powder

Mix dry ingredients with the fat. Add the milk or water.

Rice and Apricot Pudding. —

1 c. rice	2 T. fat
1 t. salt	½ lb. dried apricots
3½ c. boiling water	½ c. sugar

Wash apricots and soak over night in sufficient cold water to cover them. Cook in same water in double boiler until soft and add sugar. Let them stand some time in the sweetened juice. Put a layer of cooked rice in buttered baking dish, then add layer of apricots. Repeat until dish is full, having rice on top. Dot with fat. Reserve 1 cup of juice for sauce. Pour remaining juice on pudding until it may be seen thru top layer, using a little water if necessary. Bake about 15 minutes in a moderate oven. Serve with a sauce made of apricot juice.

Rhubarb Pudding. —

4 c. rhubarb	4 or 5 slices bread,
1 c. sugar	buttered

Wash the rhubarb and cut into 1-inch lengths, but do not peel it. Cut the slices of bread into cubes, mix lightly with the rhubarb and sugar and bake in a buttered baking dish about 20 minutes. The pan should be covered during the first 10 minutes.

Prune Pie. —

$\frac{1}{2}$ lb. prunes	1 T. flour
1 t. lemon juice	$\frac{1}{3}$ c. sugar
Pie crust	

Wash prunes and soak over night in enough water to cover. Cook until soft in same water. Remove stones and cut in quarters. Add lemon juice and sugar to prunes. Boil down the liquor to $1\frac{1}{2}$ tablespoons. Line a pie plate with pie paste, fill with prunes. Pour over liquor and dredge with flour. Put on upper crust and bake in moderate oven.

Prune Pudding. —

1 c. cooked prunes	$\frac{1}{8}$ t. cinnamon
1 c. sugar	1 $\frac{1}{3}$ c. boiling water
1 T. lemon juice	$\frac{1}{3}$ c. cornstarch

Add sugar, cinnamon and boiling water to cooked prunes. Mix cornstarch with enough cold water to pour easily and add to hot prune mixture, stirring constantly. Cook directly over fire until thick, then place over hot water. Add lemon juice and continue to cook for 20 minutes. Stiffly beaten whites of one or two eggs may be folded in if desired. Serve cold with cream.

Fruit Whip. — Use any fruit, which may or may not be a left-over. Put the fruit thru the strainer. With each egg white, beaten stiff, blend $\frac{1}{2}$ cup of the fruit pulp and 2 or more tablespoons of sugar. To fruit having little flavor, lemon juice may be added. Fruit whip may be served plain, with fruit juice, soft custard or cream, or it may be poured into a buttered baking dish set in a pan of water and baked slowly until firm.

Prune Whip. —

$\frac{1}{3}$ lb. prunes	$\frac{1}{2}$ c. sugar
2 whites of eggs	$\frac{1}{2}$ T. lemon juice

Clean and soak the prunes. Cook them till tender. Remove stones and rub thru a strainer. Add the sugar and cook 5 minutes, or until like marmalade. Beat the egg whites stiff and fold in the

cold prune pulp. Add lemon juice. Pour into buttered baking dish set in a pan of water. Bake slowly until firm. Serve with soft custard made with the yolks of eggs.

Fruit Croquettes. —

4 c. stale bread crumbs 4 T. sugar
 $\frac{1}{2}$ c. cleaned currants or any leftover fruit
 A little nutmeg and vanilla
 3 beaten eggs to moisten the crumbs

Form into cylinder-shaped croquettes, dip in egg, then in dried crumbs. Fry. Drain on clean manila paper. Serve hot with a sweet sauce.

Rhubarb Conserve. — Wash and cut the stalks of rhubarb into 1-inch lengths. To each cup of rhubarb add $\frac{3}{4}$ cup of sugar, stir constantly and cook quickly until of the consistency of jam. Add $\frac{1}{4}$ cup of chopped nut meats to 1 cup of conserve and pour at once into hot glasses. To prevent scorching, it may be necessary to start the cooking over an asbestos mat. The conserve thickens on cooling therefore, it is best to test the consistency by removing a small portion to a saucer.

Fruit Whip. —

$\frac{1}{2}$ box gelatin Juice 1 lemon
 Sugar to taste 2 c. fruit juice
 $\frac{1}{2}$ c. cold water

Soak gelatin in cold water and dissolve over hot water. Strain into this the fruit juice and add sugar. Set aside until partly jellied. Then whip with Dover egg beater until it becomes white and frothy.

GELATIN

Fruit Jelly. —

$2\frac{1}{2}$ T. granulated gelatin $\frac{1}{2}$ c. fruit juice (lemon,
 $\frac{1}{2}$ cold water orange and lemon,
 $2\frac{1}{2}$ c. hot water cherries, etc.)
 1 c. sugar

Soak the gelatin in cold water until soft. Make a sirup by boiling the hot water and sugar, remove from fire and add the soaked gelatin. When the mixture is partly cool, add the fruit juice and pour into a mold, which has been wet with cold water. Chill until

firm and serve with or without cream. To remove from mold, place for an instant in hot water, then turn out on dish.

Apricot Jelly. —

1/3 lb. dried apricots	Juice 1 lemon
2 c. cold water	1 T. granulated gelatin,
1 c. sugar	soaked in 1/4 c. cold water

Pick over and wash the apricots. Soak in the cold water several hours and then cook in the same water until soft. Rub thru a sieve, add the sugar and enough water to make 2 1/2 cups. Boil 1 minute, remove from fire, add the soaked gelatin and when partly cool, the lemon juice. Pour into a mold which has been wet with cold water. Chill, serve with or without cream.

Prunes or peaches may be substituted for the apricots.

LEGUMES

Split Pea Loaf. —

4 c. cooked split peas	1 beaten egg
2 c. bread crumbs	1 t. minced onion
1 T. minced parsley, celery, or other flavoring as de- sired	Salt and pepper to taste

Mix all the ingredients together. If too soft to hold its shape, add more bread crumbs. If too dry, add milk, water or another egg. Form into loaf. Brown in oven.

Boiled Beans and Tomatoes. —

3 c. cooked navy beans	2 T. drippings
1 c. canned tomatoes	1 T. minced onion
1 T. minced parsley or celery if desired	Salt and pepper to taste

Add tomatoes to beans and boil 1/2 hour. Cook onions and other seasonings in the drippings, add to the beans.

Bean Polenta. —

4 c. cooked white beans	1/4 t. mustard
1 1/2 T. molasses	1/8 t. pepper
	2 t. vinegar

Drain the water from cold boiled beans, mash them fine, and mix

with the other ingredients. Form the mixture into cakes and brown on both sides in hot greased pan.

Bean Loaf. —

2 c cooked beans put thru food chopper	1 stalk celery or $\frac{1}{2}$ t. celery seed
2 c. soft bread crumbs	4 T. bacon fat
$\frac{1}{8}$ c. chopped onion	2 T. flour
	$\frac{1}{2}$ c. water

Melt 2 tablespoons of fat in a frying pan, add the bread crumbs, stirring well until mixed with fat, and add to the ground beans. Cook onion in remaining 2 tablespoons of fat, and add flour and water and boil. Add to mixture and make into a loaf. More bread crumbs may be needed. Bake until nicely browned. Thin slices of bacon placed over top of loaf while baking are an addition. May be served with tomato sauce or bacon gravy.

Baked Beans. — Soak 4 cups of beans over night in cold water. In the morning add fresh, cold water and cook slowly until the skins begin to burst. Pour off water and put beans into jar. Bury in beans $\frac{3}{4}$ pound of fat salt pork. To 1 cup of boiling water add 1 tablespoon of salt, 1 tablespoon of molasses, 3 tablespoons of sugar and pour over beans. Add enough more boiling water to cover beans and add more if needed during cooking. Cover the bean jar and bake slowly for from 6 to 8 hours. Mustard may be added if the flavor is desired, and less sugar may be used.

Dried Pea Soup. —

1 c. dried peas	3 T. fat
2 qts. cold water	2 T. flour
$\frac{1}{2}$ onion	$1\frac{1}{2}$ t. salt
$\frac{1}{8}$ t. pepper	Small piece fat salt pork

Soak peas several hours or over night, drain, add water, pork and onion. Simmer several hours until soft and run thru colander or sieve. Bind with butter and flour. Add salt, pepper and milk to give desired consistency.

Jungle Stew. —

$1\frac{1}{2}$ c. kidney beans	1 onion
$\frac{1}{2}$ c. macaroni or rice	4 T. drippings
1 c. tomatoès	Seasoning to taste

Wash and soak beans over night. Cook until tender. Brown sliced onions in frying pan with drippings, add to stew with tomatoes, seasoning and the macaroni, broken into bits. Cook until macaroni is well done.

Bean Muffins. —

2 eggs well beaten	1/3 T. fat, melted
1 c. cold boiled bean pulp	1 t. salt
1 c. milk	2 c. flour
2 T. baking powder	

Combine the ingredients in the order in which they are given. Bake the muffins in greased muffin pans for 20 or 25 minutes.

Bean Souffle. —

2 c. boiled bean pulp	1 t. onion juice
2 eggs	2 T. chopped parsley

Beat the yolks of the eggs and add to them the other ingredients. Fold in the well beaten whites of eggs. Heap mixture lightly in a baking dish. Set baking dish in a pan of water and bake in a slow oven for 20 minutes or until it sets. Serve at once.

MEAT EXTENDERS

Cottage Pie. — Cover the bottom of a greased baking dish with mashed potatoes. Add a thick layer of cold roast beef, chopped or cut into small pieces, seasoned with salt and pepper and onion juice, and moisten with some of the gravy. Cover with another layer of mashed potatoes. Bake until dish is heated thru and potatoes browned on top.

Minced Meat on Toast. — Chop or grind cold meat, heat with some of the gravy, season with celery salt or onion juice. Serve on toast, or thin slices of hot corn bread.

Escalloped Meat. — Into a baking dish put alternate layers of macaroni or rice and chopped or ground meat. Pour tomato sauce or gravy over each layer. Cover with buttered crumbs and bake until dish is heated thru and crumbs brown.

Casserole of Rice and Meat. — Line a buttered mold with cooked rice, fill center with chopped cold meat, highly seasoned with salt, pepper, cayenne, celery salt, onion juice, and lemon juice, and moistened with stock or gravy. Cover meat with rice and then cover

whole dish and steam from 30 to 45 minutes. Serve on a platter surrounded with sauce.

Browned Hash. — Mix together equal parts of chopped meat and chopped cold boiled potatoes. Moisten slightly with gravy or stock. Season and place in heated frying pan containing a little fat. Press compactly into one-half of the pan. Heat slowly until brown. Turn on a platter and serve with sauce.

Baked Croquettes. —

3 c. chopped meat	1 t. onion juice
3 c. bread crumbs	1 t. salt
2 c. thick white sauce—2 T.	Pepper to taste
fat, 2 T. flour, 1 c. liquid	

Mix cooked meat with bread crumbs, add sauce, onion juice and seasonings. Bake in a baking dish.

Hungarian Goulash. — Slice a peeled onion and cook until brown in drippings. These may or may not be removed when brown. Then add about 1 ½ pounds of lean, uncooked beef, cut into 1-inch cubes and stir until brown. Put into a baking dish or casserole, sprinkle with flour and add about a pint of stock or boiling water, ½ teaspoon of paprika, and salt to taste. Cover closely and cook slowly. More fat may be added to that in the frying pan and potato balls browned in it and added to the meat when it is about half done, or the potatoes may be placed on top the meat and cooked until tender. More onion may be added if desired. The gravy may be thickened, or cream may be added before serving, if desired.

Chicken Pie. — Dress, clean and cut up a chicken. Cover with boiling water, then reduce heat and cook slowly until tender. Remove from bones. Reduce stock to about 2 pints. Thicken 4 cups of stock with flour and fat blended together. Pour as much of this over the chicken as is needed, using the remainder for gravy. Place the mixture in baking dish. Drop the batter from spoon on top. Bake until the crust is done.

Crust for Chicken Pie. —

2½ c. flour (scant)	2 T. shortening
2 t. baking powder	1 c. milk (sweet)
1 egg	1 t. salt

This makes a thick batter.

Brown Stew.—Cut lean beef into cubes—neck beef will be found quite satisfactory for this. Season each piece, dredge thoroly with flour and brown well on all sides in a frying pan, using a little suet to prevent sticking and to give satisfactory fat. Add sufficient hot water to cover meat and when this has boiled up once, turn into a double boiler and cook for 3 hours. If desired, 1 hour before the stew is finished, any vegetables liked may be added, cutting these into cubes. (Exception—potatoes require less time for cooking). If gravy seems thin, pour off and thicken.

Corned Beef with Vegetables.—

2 lbs. brisket of corn beef	½ lb. turnips
½ lb. cabbage	1 lb. carrots
½ lb. rutabaga	1 onion

Wipe the meat, cover with cold water and bring slowly to the boiling point. After boiling 5 minutes, remove the scum and continue cooking just below the boiling point for about 3 hours. When the meat is tender, remove it and cook the vegetables in the water. Cut these in pieces of uniform size and cook them until tender. If small, the carrots may be cut in halves; if large, in quarters, and other vegetables in similar size. Cabbage should be added about 10 minutes later than the others. Serve the meat on a large platter surrounded by the vegetables. Almost any other vegetables, beets, peas, etc., may be used instead of part of those named.

Mock Cutlets.—

3 c. chopped meat	3 c. cold boiled rice
Salt	Pepper
Meat stock or milk	1 small onion, chopped

Mix all together. Shape like cutlets, roll in egg and crumbs and fry in deep fat.

Bacon Puffs.—The bacon or salt pork that is boiled with vegetables is allowed to cool and become firm. It is sliced thin, dipped in batter and browned in hot fat.

It may be noted that no meat from young animals, such as veal, lamb or young chickens is included in the meat-extender dishes. If young animals were all grown to maturity the meat supply would be greatly increased.

FISH — CANNED AND LEFTOVER

Escalloped Fish. —

- 1 $\frac{1}{2}$ c. cold cooked fish
 $\frac{3}{8}$ c. (scant $\frac{1}{2}$ c.) buttered bread crumbs
 1 c. white sauce

A small slice of onion or a sprig of parsley may be cooked in sauce and removed before combining with the fish. Put alternate layers of fish and white sauce in buttered baking dish. Cover with buttered crumbs and brown in oven.

Creamed Salmon. — To the amount of salmon to be used add an equal amount of white sauce. Serve on toast.

Baked Salmon and Peas. —

- 1 can salmon (2 c.) 1 can peas

Make a sauce of 2 tablespoons of fat, 2 tablespoons of flour and 2 cups of milk, or milk and water, or milk with the liquid drained from the peas. Add peas and salmon to the sauce. Put in a baking dish, cover with buttered crumbs and bake 20 minutes.

Salmon Loaf. —

- | | |
|----------------------------|----------------------------|
| 1 lb. can salmon, shredded | 1 c. mashed potatoes or |
| fine | cooked rice |
| 2 T. melted fat | 1 or 2 c. soft stale bread |
| $\frac{1}{2}$ c. milk | crumbs |
| Few drops lemon juice | Salt |
| Cayenne | 1 T. minced parsley |

Soak crumbs in the milk. Remove oil, bones and skin from fish. To it add the melted fat, seasoning and potatoes or rice. Add the soaked crumbs. Put into a well buttered mold. Steam 1 hour. Serve with white sauce, egg sauce, or tomato sauce.

Salmon Sauce. —

- | | |
|---------------|-----------------------------|
| 2 T. fat | Salt |
| 2 T. flour | Cayenne |
| 1 c. (?) milk | Strained liquor from salmon |

Make same as white sauce and add strained liquor from salmon. Amount of milk varies with amount of salmon liquor added. (Any canned fish may be used instead of salmon).

Toasted Sardines. — Split sardines and remove bone. Place on buttered toast and heat thru. Any small canned fish may be used.

Egg Sauce. — (To use with fish). To each cupful of white sauce add two hard cooked eggs, chopped coarsely.

SALT FISH

Salt Fish (mackerel or others). — Wash fish in plenty of cold water and allow it to soak several hours in cold water. Place in cold water and gradually heat, cooking below boiling point until fish is tender. Season well with butter, or an egg sauce may be used.

Creamed Codfish. —

$\frac{3}{4}$ c. codfish in small pieces	1 c. white sauce
1 hard cooked egg	

Soak codfish, cook until salt is sufficiently removed and fish is tender. To white sauce add fish and egg cut into dice. Parsley makes a pleasant addition.

Codfish Balls. —

$\frac{1}{4}$ c. salted cod	$\frac{1}{2}$ c. potatoes
$\frac{1}{2}$ egg	Salt if needed

Pepper

Wash the fish in cold water and break into small pieces. Wash and pare potatoes and cut into pieces. Cook the fish and potatoes together in boiling water until potatoes are soft. Drain and shake over the fire until dry, mash with a fork, add the beaten egg and pepper. Add more salt if needed and beat until light. Take up by spoonfuls, mold slightly and cook in deep fat, or, shape into croquettes, roll in egg and crumbs and fry in deep fat.

Codfish with Rice and Tomatoes. — Soak 1 cup of codfish over night. Brown in fat, add 1 cup of cooked rice, one small onion, chopped fine, and 1 cup of cooked tomatoes. Cook until codfish is tender. Add seasonings.

Escalloped Rice with Codfish. —

$\frac{1}{2}$ c. uncooked rice	$\frac{1}{4}$ c. finely shredded codfish,
$\frac{1}{4}$ c. grated cheese	which has been parboiled
Buttered crumbs	10 minutes
1 c. white sauce	

Cover bottom of buttered baking dish with boiled rice, then add codfish and cover with white sauce. Sprinkle top with grated cheese and buttered bread crumbs. Bake in moderate oven until crumbs are brown.

Salt Codfish Hash. —

1 ½ c. salt codfish

3 c. chopped potatoes or 1 c. rice or 1 c. broken macaroni

Pick salt cod in small pieces. Cook potatoes (rice or macaroni) and fish in boiling water for 30 minutes and drain. Put into a hot greased frying pan until well browned on under side. Smoked fish may be substituted for codfish if desired.

Cornmeal Fish Balls. —

2 c. cold, white cornmeal

1 egg

mush

1 T. fat

1 c. shredded codfish

Pick over the codfish and soak it to remove salt, if necessary. Combine the ingredients and drop by spoonfuls into hot fat. Drain on porous paper. These codfish balls compare very favorably in taste with those made with potato and are more easily and quickly prepared.

Fish Chowder. —

1½ oz. (a 1½-inch cube) fat ¼ lb. (about 16) soda
salt pork crackers

1 T. chopped onion

3 c. diced potatoes

1 qt. milk

½ lb. salt codfish or fresh fish

If salt fish is used, break in small pieces and soak in warm water till soft and some of the salt is removed. Cut pork into small pieces and cook till a delicate brown, adding the onions during the last part of the cooking. To the pork and onions add the potatoes. Cover with water and boil till tender. Add the milk and fish and reheat. Add the crackers just before serving.

CHEESE

Cheese Custard. —

1½ c. cottage cheese

2 T. milk

½ c. sugar

3 eggs

1 t. melted fat

Lemon or vanilla flavoring

Press the cheese thru a colander or mash to a paste; beat the eggs until light; add them with all the other ingredients to the cheese; mix until smooth. Place in a baking dish and bake in a moderate oven about 30 minutes. This is so high in nutritive value that it should form the main dish for a meal.

English Monkey. —

4 c. bread crumbs	$\frac{1}{4}$ c. cheese
2 c. milk	Salt and pepper to taste

Heat the bread crumbs and milk. If the crumbs are not well moistened, add water. When hot, add cheese cut in small pieces. Remove from fire and stir until cheese is melted. May be served on toast.

Cheese Fondue. —

3 T. finely divided cheese	$\frac{1}{3}$ c. scalded milk
$\frac{1}{3}$ c. stale bread crumbs	1 t. butter
1 egg	Salt

Mix all the ingredients but the egg. Add yolk, beaten until lemon colored. Fold in the stiffly beaten white. Pour into a buttered baking dish and bake 20 minutes in a moderate oven. If bread crumbs are stale, more milk will be required.

Welsh Rarebit No. 1. —

2 T. flour	1 egg yolk if desired
1 c. milk	Cheese (?)
2 T. butter	

Prepare a white sauce with flour, butter and milk. Add cheese (finely divided) to taste, and egg yolk. Remove from fire.

Welsh Rarebit No. 2. —

$\frac{1}{2}$ c. milk or cream	2 T. butter
$\frac{3}{4}$ c. cheese (finely divided)	2 eggs
	Salt and pepper

Melt butter, add cheese and thoroly mix. Add milk slowly and when hot, the beaten eggs. Cook until thick and creamy. Be careful not to overcook. (If overcooked the cheese will become stringy or the egg may separate). Serve on wafers or toast.

Cheese Souffle.—

2 T. butter	3 t. flour
3 eggs	$\frac{1}{4}$ c. grated or finely cut
Salt and cayenne	cheese
$\frac{1}{2}$ c. scalded milk	

Make white sauce of butter, flour and milk. Then add salt, cayenne and cheese. Remove from fire, add well beaten yolks of eggs and whites beaten until stiff and dry. Pour into a buttered baking dish set in a pan of water and bake in a moderate oven about 20 minutes.

French Rarebit.— Fill a baking dish with alternate layers of bread that has been sliced, spread with butter, and cut into small squares, and cheese, either grated or ground. Moisten this thoroly with a mixture made in the following proportions: 1 cup of milk, one egg, salt, cayenne pepper and mustard. Bake until thoroly heated thru and browned on top.

Tomato-Cheese Toast.— Sprinkle grated cheese on toast and put in oven to melt cheese. Pour over it tomato sauce.

Cheese Sauce.— Add grated or chopped cheese to white sauce in the proportion of about 4 tablespoons of cheese to 1 cup of white sauce.

RICE

Boiled Rice.—

1 c. rice	$1\frac{1}{2}$ t. salt
	3 c. boiling water

Wash rice by placing in a strainer and allowing the water from the faucet to run thru until it is clean. Add rice to boiling water and boil for 25 minutes.

Save the water that is drained off after cooking and use as basis for cream soup or for starching clothes.

Escalloped Rice.— Put a layer of cooked rice in a greased baking dish, cover with a layer of grated cheese and white sauce. Add other layers of rice, cheese and white sauce until dish is filled. Use enough sauce thoroly to moisten rice. Cover with buttered crumbs and brown in oven.

Rice Croquettes No. 1.—

$1\frac{1}{2}$ c. cooked rice	3 T. sugar
	Grated nutmeg

Shape into balls, roll in egg and crumbs and fry in deep fat.

Boil rice in plenty of water. When cooked tender, add milk and the flour mixed with $\frac{1}{4}$ cup of water. Allow this to boil, add salt and pepper, and when it again reaches boiling point, remove from fire and add cheese chopped fine. Stir cheese thru the hot mixture until it melts. Serve on toast.

Rice Griddle Cakes. —

$\frac{3}{4}$ c. boiled rice	2 T. drippings
2 c. flour	5 t. baking powder
$1\frac{1}{4}$ c. liquid	1 t. salt
3 T. sugar	

Mix the dry ingredients. Add rice to the liquid ingredients. An egg may be added. Combine with the dry ingredients and beat well. Cook by tablespoons, the same as other griddle cakes.

Boiled Rice with Stewed Cherries. — To 3 cups of steamed rice add 2 cups of stewed cherries. Add sugar to taste. Serve hot.

Turkish Pilaf. —

3 c. rice	2 c. meat chopped and cooked
$1\frac{1}{2}$ c. tomatoes	$1\frac{1}{2}$ c. water

Mix rice with tomatoes and water, place alternate layer of the mixture of chopped meat in baking dish, cover with bread crumbs, bake until brown in moderate oven.

Olla Podrida. —

3 c. boiled rice	$1\frac{1}{2}$ c. fried onions
2 c. cooked tomatoes	$\frac{3}{4}$ c. grated cheese

Cover the bottom of baking dish with rice. Add alternate layers of onions, cheese, tomatoes and rice. Cover with crumbs and bake 20 minutes.

Tuna Fish or Salmon Salad with Rice. — Use equal amounts of fish and rice. Season with salt, pepper and vinegar. Stir in plenty of salad dressing and set away for a while in a cool place. When ready to serve add a little crisp celery, finely cut, or chopped nasturtium stems. Serve on lettuce leaves. Two or three small strips of pimento arranged on the top adds to its attractiveness.

Egg Salad with Rice. — Arrange crisp lettuce leaves on plates. In the center of each, place a generous spoonful of cold boiled rice and on this a spoonful of salad dressing. Arrange on top of this, slices of hard cooked egg.

CORNSTARCH

Fruit Pudding. —

$\frac{1}{2}$ c. fruit juice	$\frac{3}{4}$ c. water
2 or 3 cloves	Sugar to taste
Nuts or fruit	2 T. cornstarch
	$\frac{1}{8}$ t. salt

Heat water, juice and salt. When boiling, stir in the cornstarch which has been mixed with a little cold water. Stir, until it thickens, over the direct flame. Add cloves and sugar. Cook $\frac{1}{2}$ hour in a double boiler. Remove cloves. Add nuts or fruit and pour into molds. Chill and serve plain with fruit or cream.

Cornstarch Pudding. —

2 c. milk	2 egg whites
4 T. cornstarch	$\frac{1}{2}$ t. vanilla
$\frac{1}{8}$ t. salt	2 T. sugar

Mix dry ingredients and dilute with a little cold milk. Scald the rest of the milk and stir into this mixture. Cook to boiling point and stir constantly until mixture thickens and then cook in double boiler for 20 minutes. Remove from fire and fold in the beaten whites and flavoring. Pour into cups. Chill and serve with soft custard.

Caramel Pudding. —

3 T. cornstarch	$\frac{1}{2}$ c. medium or dark
$\frac{1}{2}$ c. boiling water	brown sugar

Mix cornstarch and sugar. Add boiling water, stirring constantly. Boil for 5 minutes. One-half cup of nut meats may be added.

TAPIOCA

Rhubarb Tapioca. —

4 c. rhubarb	$\frac{1}{2}$ c. pearl tapioca
	2 c. sugar

Soak the tapioca over night in cold water. Drain, add boiling water and cook until transparent. Add sugar, and rhubarb, peeled and cut into $\frac{1}{2}$ -inch pieces, and bake until rhubarb is tender. Serve hot or cold with milk.

Apple tapioca is made in the same way.

Fruit Tapioca.— Boil $\frac{1}{2}$ cup of minute tapioca in 3 cups of liquid (fruit juice and boiling water) until clear, adding more liquid if necessary. Then add sugar and fruit juice as desired. Cool and serve with cream.

Jelly may be substituted for fruit juice.

Fig Tapioca.—

$\frac{1}{3}$ cup minute tapioca	$1\frac{1}{2}$ c. water
$\frac{1}{4}$ lb. diced figs	$\frac{3}{4}$ c. light brown sugar
Speck of cinnamon	

Mix the tapioca, sugar, figs and water. Boil, then cook in double boiler 1 hour. Add $\frac{1}{2}$ cup of nuts and $\frac{1}{2}$ teaspoon of vanilla. Serve cold with whipped cream.

Chocolate Tapioca Pudding.—

$\frac{3}{4}$ c. pearl tapioca	$\frac{1}{2}$ c. sugar
3 c. scalded milk	Pinch salt
1 t. vanilla	1 sq. chocolate, grated

Soak tapioca in cold water. Drain, add to hot milk. Mix sugar and chocolate and mix with milk. Cook until tapioca is transparent.

Tapioca Au Gratin.—

1 qt. water	1 c. tapioca
1 onion, cut fine	$\frac{1}{2}$ c. milk or cream
1 T. chopped pimento	1 T. fat

Heat water to boiling point, then add the tapioca, stirring well. Cook all together 10 minutes. Add salt and paprika to taste. Turn into baking dish. Cover the top with grated cheese and put in oven until cheese is brown. Serve very hot.

Caramel Pudding.—

1 pt. boiling water	1 c. medium or dark brown sugar
1 egg	
$\frac{1}{2}$ t. fat	$\frac{1}{4}$ t. vanilla
$\frac{1}{2}$ c. tapioca	Pinch of salt

While water is boiling, add salt, then tapioca. Cook in double boiler until clear. Add fat, to which, when melted, add sugar. Cook 2 minutes. Remove from fire and allow to stand while beating egg very light. Add vanilla and beat in egg with fork. Serve Cold.

HOMINY

Lye Hominy. — Select sound, white corn. To every gallon of corn use 1 tablespoon of concentrated lye. Cover the corn with water. Boil slowly until the skin comes off easily and the dark tips on the grains begin to come out. Wash thoroly. Let soak (preferably over night) in cold water; drain; return to the kettle and boil in plenty of water until tender; put in a stone jar and set in a cool place and it will keep for several days. It may be canned and kept as long as desired.

Soda Hominy. — Cover the corn with water. Add 1 tablespoon of baking soda for each cup of corn. Boil till hulls are softened and may be removed easily. Drain off the soda water and wash in cold water. Rub between the hands to remove any hulls. Wash repeatedly till all hulls are gone. Add boiling water to the corn and boil until thoroly cooked.

Creamed Hominy. — Reheat cold cooked hominy in hot white sauce. Parsley or a small amount of grated cheese may be added.

Hominy Balls. — Shape cooked hominy into balls — mold with white sauce and season with cheese — or mold with tomato sauce. Roll in egg and crumbs. Fry in deep fat. Cold hominy may be mixed with egg, made into balls and cooked in deep fat.

Hominy and Bacon. — Cut up several slices of bacon into small pieces. Fry until crisp and stir the hominy into this. Heat thru thoroly.

MACARONI

Macaroni should be broken in small pieces and added to boiling salted water. Cook 20 to 30 minutes until the starchy taste is gone. Drain.

Macaroni with Oysters. — Put a layer of cooked macaroni in a buttered baking dish, then a layer of oysters, season with butter, salt and pepper. Add a layer of white sauce. Repeat until the dish is full. Cover with buttered crumbs and bake until crumbs are brown and the whole dish heated thru.

Macaroni Italian Style. — Prepare a sauce, using 2 tablespoons of fat, 2 tablespoons of flour, and $\frac{1}{2}$ cup each of brown stock and tomato juice. Cook a slice of onion in it, then remove. Season with salt and paprika. Then add cooked macaroni and $\frac{1}{2}$ cup of grated cheese. Sift with fork until sauce and cheese are thoroly mixed with macaroni and serve hot.

Macaroni with Chicken (or other meat). — Cook a chicken until tender. Remove meat from bones and pick apart. Make a sauce of the chicken broth. Place alternate layers of chicken, cooked macaroni and sauce in a baking dish. Repeat until dish is full and pour a cup of cream over all. Cover with buttered crumbs and bake until heated thru and crumbs are browned.

Macaroni with Tomatoes and Peppers. — Put a layer of cooked macaroni in a greased baking dish, then a layer of sliced tomatoes. Sprinkle with chopped green peppers. Cover with a layer of thin tomato sauce. Repeat until the dish is full. Cover with buttered crumbs and bake.

Macaroni with Tomato Sauce. — Prepare tomato sauce, using 2 tablespoons of fat and 2 tablespoons of flour to 1 cup of tomato juice. Fill baking dish with layers of cooked macaroni and tomato sauce. Cover with crumbs and brown in oven.

CORNMEAL

*Cornmeal Mush.** —

1½ c. cornmeal	6 c. boiling water
	2 t. salt

Sift cornmeal slowly into boiling, salted water, stirring constantly to prevent it from lumping. Boil 10 minutes, then cook in double boiler or fireless cooker 3 to 5 hours.

*Polenta.** —

¾ c. cornmeal	¾ t. salt
3 c. water	1 T. grated cheese

Boil ingredients, with the exception of cheese, and finish cooking in double boiler from 3 to 5 hours, or cook over a free flame for ½ hour. Add grated cheese; pour into pans and, when cold, cut in squares and fry in deep fat.

Scrapple. —

¾ c. cornmeal	1/3 lb. pork with bone
Salt and pepper	(shoulder, neck or ham shank)

* United States Department of Agriculture, Farmers' Bulletin 565 — Cornmeal as a Food and Ways of Using It.

Cook pork in water until the meat can be easily removed from the bone. Remove meat. Boil down the broth to about a quart or add water to bring it up to this amount. Cook cornmeal in this. Add meat finely chopped, and seasonings. Pour into pans; when cold, cut in slices and brown in hot fat.

Meat and Cornmeal Croquettes. —

1 c. white cornmeal mush	1 c. chopped meat.
Few drops onion juice	Salt and pepper

Combine the ingredients and drop by spoonfuls into hot fat. White cornmeal may be very satisfactorily combined with any kind of cold meat to make croquettes. In general, cornmeal croquettes need not be egged and crumbed like ordinary croquettes, for the hardening of the cornmeal on the surface of the mixture forms the necessary crust.

Southern Corn Bread. —

2 c. cornmeal	1 t. salt
1½ c. thick sour milk	1 egg
¾ t. soda	3 t. melted drippings

Beat egg in mixing bowl, add milk, sift in meal with soda and salt, and add melted fat. Beat quickly until well mixed, pour into hot well greased pan and bake in a moderate oven. Cut in squares and serve hot. Egg may be omitted. If sweetened corn bread is preferred, use yellow corn meal and add 3 tablespoons of sugar.

Rice and Cornmeal Muffins. —

1 c. cooked rice	5 t. baking powder
1 c. flour	1 ¼ c. liquid
1 t. salt	3 T. melted drippings
1 c. cornmeal	

Mix and sift the dry ingredients together. Add rice to liquid ingredients and combine the two mixtures. Beat and pour into muffin pans and bake.

Corn Bread. —

1 c. cornmeal	1 egg
½ t. salt	4 t. baking powder
¼ c. sugar	2/3 c. milk
1 c. white flour	¼ c. melted fat

Mix dry ingredients, add beaten egg, melted fat and liquid. Mix thoroly. Bake in a greased pan in a moderate oven.

Roast Pork with Batter Pudding.—A dish corresponding to the Yorkshire pudding, which is frequently served with roast beef, can be made out of cornmeal to serve with roast pork.

$\frac{1}{4}$ c. cornmeal
1 c. milk

$\frac{1}{2}$ t. salt
2 eggs

Mix the milk, cornmeal and salt and cook them about 10 minutes. After the mixture has cooled, add the eggs well beaten. Grease gem tins thoroly, allowing to each tin about 1 teaspoon of fat from the roast pork. Bake in a moderate oven, basting occasionally with the drippings of the pork.

Cornmeal Mush with Fruit.—Cornmeal mush is often served with dried fruits, particularly with figs and dates. In preparing such fruit for use with mush it is usually necessary to soften it. This can be accomplished easily by washing the fruit and then heating it in a slow oven. As a result of the heat the water remaining on the fruit is absorbed and the fruit softened and also dried on the surface.

*Buttermilk Cornmeal Mush.**—Cornmeal cooked in buttermilk makes a dish that resembles cottage cheese in flavor. It may be eaten hot, but is especially palatable when served very cold with cream. For this purpose it is sometimes molded in cups. In making it, allow 1 part of cornmeal to 6 parts of buttermilk, and 1 teaspoon of salt to each cup of meal.

Cornmeal Dumplings.—

2 c. cornmeal
1 t. salt

Boiling water
Flour for dredging

Mix the meal and salt. Pour boiling water over the meal and stir thoroly, using water enough to make a thick paste. Form portions of the paste into flat dumplings about 3 inches in diameter. Have ready a kettle of boiling water and drop the dumplings in carefully, cover and cook 20 minutes. These dumplings are often cooked with turnips tops or other greens, with or without the addition of ham bone or a piece of fat pork.

*Ash Cake.**—

1 qt. cornmeal
2 t. salt

1 T. lard or other shortening
Boiling water

Scald the meal. Add the salt and shortening, and, when the mixture is cool, form it into oblong cakes, adding more water if necessary. Wrap the cakes in cabbage leaves, or place one cabbage leaf under the cakes and one over them, and cover them with hot ashes.

*Hoecake.** — Hoecakes are made out of cornmeal, water and salt. They were originally baked before an open fire on a board which, for convenience, had a long handle attached to it. At present they are cooked slowly and on both sides on a well greased griddle.

*Corn Dodger.** — The corn dodger is like the hoecake except it usually contains a small amount of fat. The meal is scalded and when cool is formed into cakes and cooked in a hot oven.

*Crackling Bread.** —

1 qt. cornmeal	2 t. salt
1 pt. cracklings	Boiling water

Mix the cornmeal and salt; pour over this mixture enough boiling water to moisten, but not enough to make a mush. When the meal has cooled, work the cracklings into it with the fingers. Form the dough into cakes about 4 inches long, 2 inches wide, and 1 inch thick; bake for 30 minutes. This bread, because of its large percentage of fat, is eaten without butter, and should be served very hot.

"Cracklings" like "scraps" is a name given to the crisp, brown meat tissue left after lard is "tried out." Cracklings consist of connective tissue with a large amount of fat adhering to it.

*Spider Corn Bread. — **

1½ c. cornmeal	1 t. salt
2 c. sour milk	2 eggs
1 t. soda	2 T. fat

Mix the dry ingredients. Add the eggs well beaten and the milk. Place the fat in a frying pan, melt it, and grease the pan well. Heat the pan and turn in the mixture. Place in a hot oven and cook 20 minutes.

*Zuni Indian Bread. — **

1 c. white cornmeal	1 t. salt
1 c. yellow cornmeal	⅛ t. cayenne
1 c. water	1 c. chopped suet

Mix all well together; form into rolls about 5 inches long; roll in greased paper; and bake in a moderate oven 1 hour. Serve hot.

The habit among the Indians was to roll these cakes in the husks of corn, a method which is sometimes followed by campers.

Corn Muffins with Dates. — *

1 c. white cornmeal	1 c. wheat flour
2 T. brown sugar	4 t. baking powder
1 t. salt	1 egg
2 T. fat	½ c. dates cut into small pieces
1¼ c. milk	

Cook together the first five ingredients for 10 minutes. When cool, add the egg, the dates, and the flour sifted with the baking powder. Beat thoroly and bake in muffin pans in a quick oven, or bake in a loaf. The bread will keep in good condition longer if the dates are cooked with the cornmeal and other ingredients in the double boiler.

Custard Corn Cake. —

2 eggs	2 c. sweet milk
¼ c. sugar	1 2/3 c. cornmeal
1 t. soda	1/3 c. wheat flour
1 t. salt	2 T. fat
	1 c. sour milk

Beat the eggs and sugar together thoroly. Sift the flour, soda, and salt together and mix with the meal. Mix all the ingredients but the fat. Melt the fat in a deep pan, using plenty on the sides. Pour in the batter. Bake from 20 to 30 minutes. When cooked there should be a layer of custard on top of the cake or small bits of custard distributed thru it.

Cornmeal and Hominy Bread. —

1 c. cooked hominy	1 c. white cornmeal
1 c. milk	2 eggs
1 T. melted fat	1½ t. salt

Mix the ingredients and bake 30 minutes in a moderate oven.

Apple Corn Bread. —

2 c. white cornmeal	1 t. baking powder
2 T. sugar	1 2/3 c. milk
½ t. salt	3 tart apples pared and sliced

Mix the dry ingredients, add milk, and beat thoroly. Add the

apples. Pour into a well buttered shallow pan and bake 30 minutes in hot oven.

Spoon Bread. —

1 pt. milk	2 eggs
Cornmeal	Salt

Heat milk. When hot, stir in cornmeal and cook to a smooth mush that will pour rather than drop from the spoon. Take from fire, add salt and yolks of eggs, one at a time, stirring constantly. Then fold in the beaten whites of the eggs and bake in a moderate oven $\frac{1}{2}$ hour. Serve at once in baking dish.

Fruit Spoon Bread. — Add to the spoon bread, as made in the preceding recipe, any fruit that is in season. Cooked dried prunes, apricots or peaches may be used.

Cornmeal Pancakes. —

2 c. flour	$\frac{1}{3}$ c. sugar
$\frac{1}{2}$ c. corn meal	$1\frac{1}{2}$ c. boiling water
$1\frac{1}{2}$ T. baking powder	$1\frac{1}{4}$ c. milk
$1\frac{1}{2}$ t. salt	1 egg
2 T. fat	

Add meal to boiling water and boil 5 minutes. Turn into bowl, add milk and remaining dry ingredients mixed and sifted, then the egg well beaten and the fat. Cook on a griddle.

Cornmeal and Wheat Waffles. —

$1\frac{1}{2}$ c. water	$1\frac{1}{4}$ T. baking powder
$\frac{1}{2}$ c. cornmeal	$1\frac{1}{2}$ t. salt
$1\frac{1}{2}$ c. milk	Yolks 2 eggs
3 c. flour	Whites 2 eggs
3 T. sugar	2 T. melted fat

Cook the meal in boiling water 20 minutes. Add milk, dry ingredients mixed and sifted, yolks of 2 eggs well beaten, fat and whites of eggs beaten stiff. Cook on a greased waffle iron.

Cornmeal and Rice Waffles. —

$\frac{1}{2}$ c. cornmeal	1 T. melted fat
$\frac{1}{2}$ c. flour	$\frac{1}{2}$ t. soda
1 c. boiled rice	1 t. salt
2 eggs well beaten	1 c. sour milk

Sift together the flour, soda and salt. Add the other ingredients and beat, thoroly.

Fruit Gems. —

1 c. cornmeal	$\frac{1}{2}$ c. raisins
$1\frac{1}{2}$ c. milk	$\frac{1}{2}$ c. currant
1 t. salt	1 t. baking powder

Cook the meal and salt in the milk for a few minutes. When cool add the baking powder and beat thoroly. Add the fruit and bake in well greased muffin tins.

Cornmeal and Fig Pudding. —

1 c. cornmeal	1 c. finely chopped figs or
1 c. molasses	any other dried fruit
6 c. milk (or 4 of milk and	2 eggs
2 of cream)	1 t. salt

Cook the cornmeal with 4 cups of the milk, add the figs and salt. When the mixture is cool, add the eggs well beaten. Pour into a buttered pudding dish and bake in a moderate oven for 3 or more hours. When partly cooked add the remainder of the milk without stirring the pudding.

Indian Meal Doughnuts. —

$\frac{3}{4}$ c. milk	$\frac{3}{4}$ c. sugar
$1\frac{1}{2}$ c. very fine white corn-meal	2 eggs well beaten
$1\frac{1}{4}$ c. wheat flour	1 t. cinnamon
$\frac{1}{4}$ c. fat	2 t. baking powder
	1 level t. salt

Put milk and meal into a double boiler and heat together for about 10 minutes. Add the fat and sugar to the meal. Sift together the wheat flour, baking powder, cinnamon and salt. Add these and the eggs to the meal. Roll out on floured board. Cut and cook in deep fat.

Indian Pudding. —

1 qt. milk	$\frac{1}{2}$ t. salt
1 c. cornmeal	1 t. cinnamon
$\frac{3}{4}$ c. currants or raisins	$\frac{1}{2}$ c. flour
1 c. chopped suet	1 t. baking powder
	$\frac{1}{3}$ c. molasses

Make a smooth mush with milk and cornmeal. Then add currants, suet, and sifted dry ingredients. Mix thoroly. Turn into greased molds and steam 3 hours.

BREAD

Potato Bread. —

$\frac{1}{2}$ lb. uncooked potato	$2\frac{1}{2}$ c. flour
1 t. salt	$\frac{1}{4}$ cake compressed yeast
	1 t. sugar

Boil the potatoes in skins. Drain, dry, peel and mash. Add the salt and sugar. Blend the yeast in $\frac{1}{3}$ cup of the water which was drained from the potatoes. Beat this into the potato, then knead in the flour to make a stiff dough. Form into a loaf and let rise till thoroly light. Bake from 50 minutes to 1 hour.

Rice Bread. —

$\frac{1}{2}$ c. rice cooked in $1\frac{1}{2}$ c. water	1 t. sugar
1 t. salt	$\frac{1}{4}$ cake compressed yeast
1 t. fat	softened in 2 T. water
Flour	

Mix all ingredients thoroly, adding sufficient flour to make a stiff dough. Form into a loaf and bake when well risen.

Oatmeal Bread. —

1 c. water	$1\frac{1}{2}$ c. rolled oats
1 t. salt	$1\frac{1}{2}$ t. sugar
$1\frac{1}{4}$ to $1\frac{1}{2}$ c. flour	$\frac{1}{4}$ cake compressed yeast

Blend the yeast with 2 tablespoons of the water. Heat the remainder of the water to boiling and pour over the oatmeal, salt and sugar, scalding thoroly. This may be done in a double boiler and kept hot for 5 to 10 minutes. Cool to lukewarm, stir in the yeast, then add flour to make a fairly stiff dough. Make into a loaf at once and when double in bulk bake thoroly, at least 1 hour. Bread may be made using a larger amount of rolled oats and a smaller amount of flour, but naturally, the greater the proportion of rolled oats used the closer the texture of the bread will be.

Generally speaking, the most satisfactory results are obtained by using these various materials in the making of quick breads such as muffins, biscuits, etc., and a few directions are given:

Oatmeal Muffins. —

2 c. rolled oats	1 c. flour
$\frac{3}{4}$ t. salt	1 T. molasses
1 T. fat	1 c. milk
2 t. baking powder	

Bake in muffin pans.

Oatmeal Hoecake. —

4 c. rolled oats	4 T. cornmeal
1 t. salt	

Scald with 2 cups of boiling water, stirring over the fire for a moment until the mass thickens to a mush. When cool enough to handle, form into cakes by rolling into balls about the size of an egg, then flattening these out to about $\frac{1}{2}$ inch in thickness. By first dipping the hands in water, the cakes may be made without much trouble from sticking. Place the cakes in a hot, well greased pan and continue the heating either in the oven or on top of the stove, until the under sides begin to brown. Turn them over, place pan in medium hot oven and bake for 45 minutes.

Southern Corn Pone. —

1 $\frac{1}{2}$ c. white cornmeal	1 c. boiling water
2 T. milk	1 t. salt

Add the salt to the meal and scald with the boiling water, stirring well. Add enough milk to hold the ingredients together. When cool enough to handle, form into cakes by rolling into balls in the hands and flattening these down to about $\frac{1}{2}$ inch in thickness. Have ready a pan well greased, place over the fire and add the pones, dipping a little of the shortening over the tops of the pones. Leave the pan over the fire until the bread is browning slightly and then set in a hot oven and finish baking for from 30 to 45 minutes on the upper grate.

Bread Crumb Croquettes, No. 1. —

4 c. crumbs from stale bread
 $\frac{1}{2}$ c. any leftover vegetable or meat
 Seasoning

Milk, water or stock to moisten the crumbs

Form into cylinder-shaped croquettes, dip in egg then in dried crumbs. Fry. Drain on clean manila paper. Serve hot.

Bread Crumb Croquettes, No. 2. — See Fruit Croquettes.

Bread Crumb Griddle Cakes. —

1½ c. fine stale bread crumbs	½ t. salt
½ c. scalded milk	2 T. melted fat
2 eggs	½ c. flour
4 t. baking powder	

Add milk and fat to crumbs and allow them to soak until soft. Add beaten eggs, then the flour which is sifted with the salt and baking powder.

GRAHAM FLOUR

Steamed Graham Pudding. —

¼ c. butter	½ c. molasses
½ t. soda	½ c. milk
1 egg	1 c. chopped raisins,
1 t. salt	dates or figs
1½ c. graham flour	

Mix butter, molasses, milk and beaten eggs and the dry ingredients. Turn into a buttered mold and steam 2 ½ hours.

Graham Biscuits. —

1½ c. graham flour	1 c. liquid
1½ c. white flour	3 T. fat
1½ t. salt	6 t. baking powder

Mix and sift the dry ingredients. Mix the lard evenly thru by cutting with two knives, or by rubbing lightly with the fingers. Add the liquid, mixing with a knife. Turn the mixture on floured bread board. Roll or pat to ½ inch thickness. Cut out biscuits and bake 15 to 20 minutes in a hot oven.

Graham Mush. —

¾ c. graham flour	2 c. boiling water, salted
-------------------	----------------------------

Gradually stir the flour into the water. Boil continuously, stirring often, for 30 or 40 minutes, or boil 10 minutes and finish cooking in the double boiler for two or three hours.

Graham Pudding. — To graham mush, prepared as directed above, from ¾ c. graham flour, add about;

$\frac{1}{2}$ c. sugar $\frac{1}{4}$ c. nut meats

1 doz. dates or 6 figs or 2

doz. raisins, chopped

Serve hot, with or without cream or milk, or pour into molds and serve cold.

Hot Water Gingerbread. —

 $\frac{1}{2}$ c. sugar

1 c. molasses

 $\frac{1}{2}$ c. fat

1 c. boiling water

1 t. ginger

2 t. soda

 $2\frac{1}{2}$ c. flour

2 eggs

1 t. cinnamon

1 t. cloves

Pinch salt

Sift flour with the soda and spices. Add the melted fat to the water and molasses. Combine with the sugar. Add the flour mixture, and lastly the well beaten eggs. Bake in a moderate oven.

Spice Cake Without Eggs. —

 $\frac{1}{4}$ c. fat $\frac{2}{3}$ c. sour milk $\frac{1}{2}$ t. cinnamon $\frac{1}{4}$ t. nutmeg $\frac{3}{4}$ c. sugar $\frac{1}{3}$ t. soda $\frac{1}{4}$ t. allspice $1\frac{1}{2}$ c. flour $\frac{1}{2}$ c. raisins

Cream the fat. Add the sugar gradually. Add alternately the milk and flour which has been sifted with the soda and the spices. Add the cut raisins which have been floured. Bake in a moderate oven. Sour cream may be substituted for the sour milk and the other fat omitted. Sweet milk may be substituted for the sour milk and $2\frac{1}{2}$ teaspoons of baking powder used instead of the soda.

Apple Sauce Cake. —

 $\frac{1}{2}$ c. fat1 c. raisins, chopped and
floured $1\frac{1}{2}$ t. cinnamon

1 t. soda

2 c. flour

1 c. sugar

 $\frac{1}{2}$ t. nutmeg

1 c. unsweetened apples

Pinch salt

Cream the fat and add the sugar. Mix well. Add raisins and apples and then the flour which is sifted with the soda, salt and spices.

BUCKWHEAT

Buckwheat Short Cake. —

1 c. milk	1 c. buckwheat flour
2 t. baking powder	$\frac{1}{4}$ c. white flour
1 t. salt	1 t. fat

Sift the baking powder with the flour. Add salt and milk. Beat to a smooth batter. Add the melted fat. Pour the mixture into a pan, having it about $\frac{1}{2}$ inch thick. Bake 25 minutes in a rather quick oven. Cut into squares and serve hot. This batter may be baked in muffin pans.

SOYBEANS

Soybeans have been used as human food in China for hundreds of years. Their value is now beginning to be appreciated in this country.

The composition of soybeans is approximately as follows: protein, 36.5 percent; fat, 17.5 percent; carbohydrate, including fiber, 30.0 percent. Fully 80 percent of these are in digestible form, giving a food value not approached by any ordinary food material excepting cheese. The composition of soybean meal is practically the same as that of the beans themselves, unless a part of the oil has been extracted in the process of manufacture. Where this has been done the fat content is, of course, lowered.

Soybean milk is prepared by mixing 1 part meal with 10 parts boiling water, allowing the mixture to boil up several times. It may then be strained thru a cheesecloth, or merely allowed to stand until the coarser particles of meal settle, when the liquid can be poured off. This milk is found to have about the following composition: protein, 3.7 percent; fat, 2.0 percent; carbohydrate, 1.8 percent; mineral salts, 0.5 percent.

Dry soybeans possess a strong, characteristic flavor which must be gotten rid of before they can be served satisfactorily. In order to do this, it is best to soak them over night, using a large amount of hot water. In the morning they should be well rinsed, and put to cook in water to which baking soda has been added (about 1 teaspoon of soda to each cup of beans). This water may be poured off after 40 minutes boiling and fresh, hot water added. Four or five hours of cooking will usually be found sufficient, after which the beans may be seasoned in a variety of ways. Several sauces are suggested.

Tomato Sauce:—

1 T. fat	1 c. tomato juice
1 T. flour	Salt and pepper

Brown the flour in the fat, add the tomato and seasonings. Let boil well, and pour over the beans. Serve hot. This amount is sufficient for 2 cups of beans.

Sour Sauce:—

1 T. fat	1 c. liquor in which beans
1 T. flour	were cooked
	Salt and pepper

Prepare same as tomato sauce. Add 2 tablespoons chopped pickle.

A gravy made with meat stock gives a good flavor. In all cases the results are better if the beans are thoroly heated in the sauce before serving.

If baked beans are wanted, the pork and other seasonings may be added when the water is changed, and the cooking finished in the oven.

The green soybeans are excellent, altho the pods are too tough to be eaten. They should be boiled in the pods, however, since they can then be shelled much more easily than when raw.

Soybean meal will be found to be a useful substitute for wheat flour in bread, biscuits and muffins. One part meal to two parts wheat flour gives a well flavored bread of good texture. A still larger proportion of the meal can be used in biscuits, muffins and other quick breads.

Soybean-meal soup is especially satisfactory to serve in an emergency, because of the short time required in its preparation. For each person to be served use

1 T. soybean meal
$\frac{1}{2}$ T. butter or drippings
$\frac{3}{4}$ c. water (hot)
Salt and pepper

Melt the fat in a sauce pan, blend the meal with it, then add the hot water gradually, stirring the mixture to a smooth paste. Let boil for a few minutes. A little onion juice or celery salt may be added.

Soybean milk may be substituted for cow's milk in the making of bread and biscuits, and in the preparation of custards, cornstarch

puddings, white sauces and gravies. It is also satisfactory when eaten with bread as ordinary "bread and milk."

The curd, or cheese-like substance which forms in the soy-bean milk on treating with an acid, may be used in a variety of ways. On account of its high protein content, it seems best to serve it in combination with a starchy material in much the same way as salmon and crackers are combined in escalloped dishes, or in croquettes.





